Full Body Harness Inspection Checklist

Pre-use, periodic, and detailed inspection — informed by EN 361 + EN 365, AS/NZS 1891.1 + 1891.4:2025, and ANSI/ASSP Z359.11 + Z359.1.

Starter template — not a substitute for inspection by a competent person under the applicable standard. In Australia, periodic and detailed inspections are commonly performed by NATA-accredited inspection bodies (ISO/IEC 17020).

Equipment identification

Harness ID		**Manufacturer**	
Serial number		**Model**	
Date of manufacture		**Date of issue**	
Standard	EN 361 · AS/NZS 1891 · ANSI Z359	**Maximum lifespan**	5–10 years from first use
Inspector		**Inspection date**	

Inspection items

Section / item	Pass	Notes
Webbing		
No cuts, tears, abrasion, or fraying	■ Yes ■ No	
No melted, glazed, or chemically degraded fibres	■ Yes ■ No	
No discolouration suggesting UV or heat damage	■ Yes ■ No	
Webbing correct width and continuous through buckles	■ Yes ■ No	
Stitching		
All structural stitching present and secured	■ Yes ■ No	
No broken, pulled, or worn threads at load points	■ Yes ■ No	
Bartack and box stitches intact	■ Yes ■ No	
Hardware		
D-rings and attachment points free of deformation, cracks, or corrosion	■ Yes ■ No	
Buckles and adjusters fully functional and lock cleanly	■ Yes ■ No	
Hardware seats correctly when adjusted	■ Yes ■ No	

Section / item	Pass	Notes
Lanyard attachment		
Fall indicators not deployed	■ Yes ■ No	
Connector gates close and lock correctly	■ Yes ■ No	
No deformation in attachment loops	■ Yes ■ No	
Labels		
Manufacturer label present and legible	■ Yes ■ No	
Standard / certification visible	■ Yes ■ No	
Date of manufacture readable	■ Yes ■ No	
Serial number readable	■ Yes ■ No	

Outcome

Result: ■ Pass ■ Fail ■ Quarantine ■ Retire

If Fail / Quarantine / Retire, remove from service immediately and tag as 'Do Not Use'.

Inspector sign-off

Inspector name		**Date**	
Signature		**Next inspection due**	
Inspector qualification / competent person		**NATA accreditation no. (AU)**	

Retirement triggers — reference card

If any of the following are true, retire the harness immediately. No judgement required.

Trigger	Action
Subject to a fall arrest event	Retire regardless of visual condition. The energy absorber and webbing have been deformed at the molecular level even if no damage is visible.
Cuts, abrasion, melted or glazed webbing	Retire — webbing strength cannot be reliably re-tested.
Chemical exposure	Retire if exposure to acid, alkali, or solvent is confirmed or suspected.
Broken or pulled stitching at structural points	Retire — load-bearing seams cannot be repaired.
Deformed, corroded, or damaged hardware	Retire — D-rings, buckles, adjusters that show pitting, bending or cracks fail without warning.
Manufacturer's lifespan exceeded	Typically 5–10 years from date of first use. Retire on that date even if condition appears good.
Labels missing or illegible	Retire — without identifying labels you cannot verify the harness's standard, manufacturer, or in-service date.
Failed periodic / detailed inspection	Quarantine pending competent-person review. Retire if non-conformance cannot be remedied.

Applicable standards — reference

This checklist is informed by the following standards. Inspection items, frequencies and retirement triggers align with their common requirements. Always consult the current published standard for your jurisdiction.

Region	Standard	What it covers
Europe / UK	**EN 365:2004**	General requirements for instructions, maintenance, periodic examination, repair, marking, packaging of fall protection PPE. Periodic examination by a competent person at intervals not exceeding 12 months.
Europe / UK	**EN 361**	Specification for full body harnesses used in personal fall arrest systems.
Australia / NZ	**AS/NZS 1891.1**	Personal equipment for work at height — harnesses and ancillary equipment.
Australia / NZ	**AS/NZS 1891.4:2025**	Personal equipment for work at height — selection, use and maintenance. Current standard for inspection in AU/NZ. Pre-use, periodic (commonly 6-monthly) and detailed inspection by a competent person.
US	**ANSI/ASSP Z359.1-2024**	The Fall Protection Code — establishes the managed fall protection program and the role of the Competent Person.
US	**ANSI/ASSP Z359.11-2021**	Safety requirements for full body harnesses.
US	**ANSI/ASSP Z359.13**	Personal energy absorbers and energy-absorbing lanyards.
UK	**PPE at Work Regulations 2022**	UK statutory duty to maintain and inspect personal protective equipment including fall arrest gear.
AU (accreditation)	**NATA / ISO/IEC 17020**	NATA-accredited inspection bodies are recognised by Australian regulators, insurers and clients. NATA's 'Lifting Equipment' annex covers many fall-arrest inspection providers.